

A NEW CYCLE OF
SAFE CIRCLE
WOMEN'S PROGRAM

Starting November 3 *thru* December 22, 2008

Meeting on Mondays, 1-3pm.



- This 8- week activity-based group is designed for women who experience symptoms of mental illness and are survivors of abuse.
- The goal of this group is to reduce the risk of re-victimization and increase personal safety.
- Activities will focus on building safety skills, improving self-esteem and communication skills, and practicing good boundaries and healthy living habits. *A special emphasis in this cycle will be on self-esteem.*

Pre-registration is required, women, please see Gloria T. or Susan to sign-up.